



## PB 'Nana Fudge



1/20th of recipe (1 piece): 93 calories, 5g total fat (0.5g sat fat), 28mg sodium, 10.5g carbs, 2g fiber, 3.5g sugars, 4.5g protein

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 10 minutes    **Cook:** 30 minutes

**Cool/Chill:** 3 hours



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

### Ingredients

2 cups mashed ripe banana (about 4 medium bananas)  
1 cup powdered peanut butter  
2/3 cup creamy peanut butter  
3 tbsp. Truvia spoonable no-calorie sweetener (or another natural brand that's about twice as sweet as sugar)

### Directions

Preheat oven to 350 degrees. Line an 8" X 8" baking pan with parchment paper.

Place all ingredients in a food processor. Puree until completely smooth and uniform.

Spread mixture into the baking pan, and smooth out the top.

Bake until a toothpick (or knife) inserted into the center comes out mostly clean, 25 - 30 minutes.

Let cool completely, about 1 hour.

Cover and refrigerate until completely chilled, at least 2 hours. (This fudge is even good slightly frozen!)

MAKES 20 SERVINGS

**To Freeze & Thaw:** Tightly wrap each cooled serving in plastic wrap. Place individually wrapped treats in a sealable container or bag, seal, and store in freezer. Before eating, let thaw for about 20 minutes, or until desired texture is reached.

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.